

Rst Beef Sandwich (cold)300

Number of Servings: 300 (217.99 g per serving)

| Amount | Measure | Ingredient |
|----------|---------|---|
| 36.00 | lb | Beef, bottom round roast, lean, rstd, selec |
| 600.00 | ea | Lettuce, green leaf, fresh, inner leaf |
| 1,200.00 | pce | Tomatoes, red, fresh, year round avg, mex |
| 9 1/2 | lb | Cheese Product, Swiss, past, proc, slice |
| 9 1/2 | cup | Dressing, Miracle Whip |
| 600.00 | pce | Bread, whole grain, slice |

Nutrients per serving

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (218g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 310 | Calories from Fat 90 |
| % Daily Value* | |
| Total Fat 10g | 15% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 500mg | 21% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 5g | 20% |
| Sugars 7g | |
| Protein 26g | |
| Vitamin A 30% | Vitamin C 20% |
| Calcium 25% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Calories: 2,000 2,500 | |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

Spread 1 tsp Miracle Whip on each slice of bread. Place 1/2 oz swiss cheese on half the slices of bread, Place 2 lettuce leaves, 4 1/4" tomato slices and 2 oz roast beef on top of the cheese. Top with the remaining slices of bread with the Miracle Whip inside the sandwiches. Cut in half and serve one whole sandwich per person.

Serving = 1 whole Sandwich = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 38 - 40 F.